





Reebok puts up reward for **Crosby's gear**

HOCKEY There's big bucks in store for the person who can turn in Sidney Crosby's missing hockey gear.

Reebok Canada is offering a \$10,000 reward, no questions asked, for the return of the stick and glove Crosby used to score his winning goal in last weekend's gold-medal game against the U.S.

The equipment disappeared after the hockey star tossed his stick and ripped off his gloves to celebrate Canada's Olympic victory.

"The stick and glove are priceless," said Len Rhodes, vice-president and general manager for Reebok Hockey CCM. "There's absolutely no substitute for that exact stick

and glove. Reebok has set up an email hotline (reeward87 @reebokccm.com) for people to send in tips.

THE CANADIAN PRESS









Mo'Nique accepts the Oscar for best performance by an actress in a supporting role for Precious at the 82nd Academy Awards yesterday. The actress, known for lowbrow comedy, startled filmgoers with her dramatic role as an abusive mother. More Oscar coverage, page 12.

avouring the moment CSIS crucial in Taliban questioning

Documents expose agency's role

Officers of the Canadian Security Intelligence Service have played a crucial and long-standing role as interrogators of a vast swath of captured Taliban fighters, The Canadian Press has learned.

The spies began working side-by-side with a unit of military police intelligence officers as the Afghan war spiralled out of control in 2006, according to heavily censored witness tran-scripts filed with the Military Police Complaints Commission.

The spy agency's previously unknown role adds a new dimension to the controversy about the handling and possible torture of prisoners by Afghan security forces.

It also raises more questions about early years in Kandahar when the Canadian military found itself mired in a guerrilla war it had not expected to fight.

Maj. Kevin Rowcliffe, former staff adviser to Canada's overseas operations commander, told investigators there were questions about how much experience the officers had in grilling prisoners.

"There was a lot of discussion in my headquarters about who was qualified to do interrogations, because we're not talking the normal police interview, we're talking interrogations, which (censored) were doing, not (military police)," says an edited transcript of the Dec. 6, 2007, interview.

Military police "were involved in that, but they weren't necessarily involved in interviewing or interrogation related issues; that would be (censored) or some other parade that had special training in interrogation."

Sources familiar with the unedited version say the blanked-out references are to CSIS

Defence Minister Peter MacKay acknowledged the military has "relied heavily on other departments, including CSIS.

THE CANADIAN PRESS

Women honoured through dance, speeches, comedy

International

Women's Day

ADVOCACY A local Persian dance group will mark International Women's Day by holding a Dance for Freedom in front the Iranian Embassy on Metcalfe Street this afternoon to protest the current regime's oppression of women

The dance is just one of a number of events taking place across the city to mark the day.

This morning Coun. Diane Deans is hosting her 12th annual breakfast to celebrate women in Ottawa. The event will feature

a speech from local adventurer Meagan McGrath, who recently became the first Canadian to ski solo to the South Pole.

Mayoral candidate Jim Watson, meanwhile, is hosting a breakfast at the Monterey Inn to support the Cornerstone Capital Campaign to raise funds for

their new housing project for women

Meanwhile, at city hall, Crime Prevention Ottawa is presenting a speakers series to discuss violence against aboriginal women, featuring Sisters in Spirit national director Kate Rexe.

This evening, the National Archives will host an

event called "I'm still not a feminist, but ..." Two improv groups will discuss women's issues in a funny and engaging way. The event will feature the sec-Femmy ond annual Awards, which recognizes women's activists in the National Capital Region.

TIM WIECLAWSKI/METRO OTTAWA

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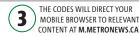
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Elective surgeries set to return to normal: Hospital

HEALTH The Ottawa Hospital says it expects to return to a full schedule of elective surgeries this week.

Higher-than-normal occupancy rates in recent weeks forced the postponement of 65 elective surgeries over the past 10 days.

All time-sensitive, emergency and urgent operations were performed, however, the hospital said in a release. Transfer requests from local hospitals are being dealt with on a case-by-case basis.

The hospital's General Campus, where five surgeries originally scheduled for today have been postponed, is expected to return to capacity tomorrow and surgical schedules are to go back to normal at the Civic Campus Wednesday. METRO OTTAWA



Ontario Progressive Conservative Leader Tim Hudak, right, and former broadcaster and Senator Mike Duffy are shown yesterday during an Inside the Leader's Studio interview segment on the final day of the party's annual general meeting at the Westin Hotel.

Tories meet on high note

Convention buzzes after byelection showings

TIM WIFCI AWSKI

On a high from Thursday's strong showing in two local byelections, the Progressive Conservative Party of Ontario entered its annual general meeting this weekend in Ottawa with a spring in its step that's been missing for a number of years.

People were excited. For the first time in a long time they felt that it was their convention," said Nepean Carleton MPP MacLeod. "It certainly didn't hurt that we did so well in the byelections here in eastern Ontario."

On Thursday night, political newcomer Beth Graham came within 1,300 **Annual meeting**

 More than 1,000 delegates attended the convention at the Westin Hotel, taking part in policy development meetings and election preparedness sessions.

votes of upsetting former mayor Bob Chiarelli in Ottawa West-Nepean. The party also held onto the Leeds-Grenville riding, winning 66 per cent of the vote.

If the Conservatives take power in 2011, MacLeod said the victory could be traced back to the work done over the weekend.

"The energy here, the enthusiasm among PC delegates is among the best

that I've seen. This is a party that is getting ready to fight and win the campaign in 2011," said PC party Leader Tim Hudak. There is a lot of buzz in the halls about momentum on the PC side."

Yesterday, the main question for Hudak remained how he would deal with the harmonized sales tax if he became premier next

Hudak said they would continue to fight the tax, but could not repeal it because the province would then have to repay the federal government \$4.3 billion. There could be a rate cut in July 2012, but Hudak would not commit to a reduction before consulting with party members around the province.



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Photos The GMC Cup was at Camp Fortune Friday and Saturday, bringing competitors from Quebec, Ontario, and the U.S. northwest — at metronews.ca/local

Video Investors are hopeful that improved U.S. job numbers will give markets a big boost during this week's trading at

metronews.ca/business **Blogs** Backbeat lists the



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Madeleine France Cormier, right, of Chapeaux de Madeleine helps bride-to-be Tara Guenette find the right look yesterday at the Ottawa Wedding Show.

Wedding show has deals, ideas for every budget

EXHIBITION Brides on a budget and big spenders alike descended on Lansdowne Park this past weekend for the Ottawa Wedding Show.

Show manager Yolande Adams, who has put on the show every spring and fall since 2004, estimated weekend attendance at 4,000 to 5,000, or about 1,800 registered brides and their assorted fiancés, girlfriends, parents, siblings and children. Despite slower economic times, she said, space for about 130

exhibitors sold out quickly.
"The wedding industry is recession-proof," Adams

Recession-proof or not, there was plenty to appeal to the frugal bride, starting

Fall return

• The Ottawa Wedding Show returns to Lansdowne Park Sept. 11-12.

with free admission and not limited to the show's gown sale, featuring discounts of up to 75 per cent on overstock and end-of-line gowns.

Wedding planner Rose Tenuta of Bridal Solutions Inc. also offered moneysaving tips in her twice-daily seminars all weekend. Among her suggestions were holding the wedding in the off-season, booking venues on Friday or Sunday instead of Saturday, and ordering local, in-season flowers.

STEVE COLLINS/FOR METRO OTTAWA

A 150-metre-long section of the Rideau Canal recreational pathway on the Colonel By Drive side west of Bank Street Bridge will be closed for rehabilitation work to all traffic until the end of April. METRO NEWS SERVICES

World put on display at Travel and Vacation Show

STEVE COLLINS



Show manager Halina Player estimated 17,000 came to check out some 160 booths with representatives from more than 40 countries, sample Cuban mojitos, or watch Thai fruit and vegetable carving. Whether travellers were

Whether travellers were planning major vacations to Africa, Europe or Australia, or just weekend jaunts to Montreal or Kingston, Player emphasized the human touch of the show.

"When people come here," she said, "it's not just coming and picking up brochures. They ask questions, which means they're really interested."

Some countries have the additional lure of special events coming this year, like South Africa, host of the FIFA World Cup, or China, home of Expo 2010 in Shanghai.

Newfoundland went big with a huge 10-booth exhibit, complete with live music and local food. St. John's chef Steve Watson, host of the TV show One Chef One Critic, whipped up panfried cod stuffed with



Vilaiporn Silarack carves fruits and vegetables at the Ottawa Travel and Vacation Show.

smoked salmon.

"I want to give them a bit of our flavour and a bit of our culture as well," Watson said.

Exhibitors showcased not only vacation destinations, but countless ways of getting to and around those destinations, whether bus tours of North America, Europe by rail or, for the adventurous, a 60-day Range Rover caravan from Istanbul to Beijing.

Go RVing Canada wooed

Go RVing Canada wooed budget-minded travellers with a new cost-comparison study touting the advantages of vacationing in campers and trailers.

"Especially for families of four, when you RV, you can save up to 70, 75 per cent on your vacation," said Go RVing's Angele Lapointe. "If you're thinking of flying and then renting a car and then going to restaurants every night, RVing really is one of the most affordable ways to travel."

Race for council seats taking shape

POLITICS Two more candidates have entered the council race.

Carlington Community Association president Michael Kostiuk has registered to run for council in River Ward.

Kostiuk is a geographer and international consultant. Current councillor Maria McRae has not yet registered, but she is expected to run again.

In College Ward, Centre-

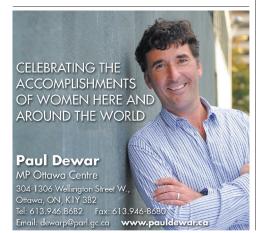
pointe resident Julia Ringma becomes the second candidate to enter the race.

Ringma is trained as a lawyer and has taught legal studies part time at Algonquin College.

Ringma joins John Campbell in the race. The ward is currently represented by Rick Chiarelli, who is expected to run again.

The election will be held Oct. 25.

TIM WIECLAWSKI/METRO OTTAWA



Group urges citizens to think green and 'vote municipally'

TIM WIECLAWSKI tim.wieclawski@metronews.ca

During a campaign, politicians tend to talk big about the environment, but too often green programs are the first on the chopping block at budget time.

With the municipal election less than eight months away, Ecology Ottawa is launching a campaign challenging candidates to make environmental issues a key part of their campaign.

"We need to make sure we have a strong environmental mandate so that they are actually going to follow through with their promises," said Ecology Ottawa spokesperson Lori Waller. "People have to realize how important the decisions made by city council are ... If you care about the environment, you've got to vote municipally."

Waller said they are concerned with development



Lori Waller, policy and communications co-ordinator with Ecology Ottawa, holds up a large version of a postcard that reads "I care about the environment, and I vote!" The postcards are part of a campaign to encourage municipal candidates to take a stand on environmental challenges facing the city.

patterns that encourage sprawl and more cars, rather than pedestrians, cycling and transit. Ottawa is also falling behind other cities in terms of encouraging energy-efficient construction.

They are also concerned with pollution going into

the Ottawa River.

The current council has committed funds to fixing that problem, said Waller, but there is a question of whether the new city council will make it a priority also.

To start the campaign, Ecology Ottawa has organized an online networking and discussion forum for each ward on Facebook. It is also handing out postcards so residents can let candidates know the environment is an important issue. An online version is available at its website, www.ecologyottawa.ca

U.S. tops up Canadian stimulus fund to make embassy barricades less ugly

RENOVATIONS The United States is kicking in half a million dollars towards beautifying the ugly concrete barricades around its embassy in Ottawa.

The large cement blocks cut off a lane of traffic on a

stretch of Sussex Drive in the capital's popular Byward Market neighbourhood.

They have been a bone of contention for local businesses since they were put in place as an added security measure following the Sept. 11, 2001, terror attacks on New York and Washington.

The barricades will be replaced with "visually pleasing" bollards that will still keep cars from approaching

the gleaming fortress-like compound that sits in the heart of Ottawa's tourist district. The total cost of the project, which will include a new four-block bike path on Sussex, is just more than \$3 million. THE CANADIAN PRESS



1

Rona lends hand for International Women's Day

To commemorate International Women's Day, Rona is launching a new fundraising initiative to mark its new partnership with the Canadian Women's Foundation. From March 8 to April 4, all Rona stores across Canada will be raising funds to renovate local women's shelters that house female victims of domestic violence. METRO NEWS SERVICES

Canada



Court rejects death row appeal

A three-member panel of the 9th U.S. Circuit Court of Appeals has rejected a challenge by a Canadian on death row in Montana who sought to have his sentence changed due to ineffective counsel. Ronald A. Smith, a Canadian citizen, was 24 in 1982 when he and two buddies from Red Deer, Alta., were hitchhiking through Montana. They robbed two men who offered them a ride, and Smith shot both men in the head along U.S. Highway 2 near Marias Pass.

Throne speech to outline five-year plan

Education, financial services, clean water and mining will form the basis of what the Liberals are calling an ambitious five-year plan to dig the province out of a record deficit that will be outlined in Ontario's throne speech today.

But the speech won't provide any specific details about possible plans to maximize government assets such as the Liquor Control Board of Ontario or Hydro One, despite speculation the government is looking at a range of options that include bundling several assets into a kind of super corporation and selling off shares.

"Our speech from the throne will focus on grow-

Criticism

• Critics have said job losses are the biggest concern for people in Ontario and the government should use the budget to cut spending and provide tax relief to boost employment. They have also warned against a firesale of valuable assets or leasing deals that take away the government's ability to control rates.

ing our economy," said Finance Minister Dwight Duncan, who on Friday stressed no asset sales will be announced in today's speech or in the budget.

"Growing our economy requires that Ontario be

open to change, open to new opportunities."

Premier Dalton McGuinty outlined some of those key priorities at a Liberal fundraiser last week, when he announced a plan called Open Ontario, described as not for "the faint of heart."

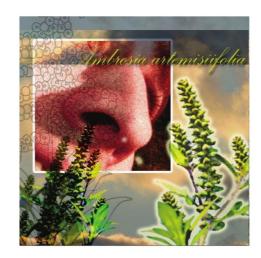
Open Ontario will focus on the growing global market for water technology, estimated at more than \$450 billion, as well as work to make Toronto one of the world's elite financial centres and attract more foreign students to the province. Sources say part of the clean water initiatives involves building clean technology companies.

Toronto Rallying behind practitioners



About 300 traditional Chinese medicine practitioners and their supporters staged a peaceful protest march yesterday in Toronto to demand action from the province. New regulations proposed to govern the practice of traditional Chinese medicine discriminate against practitioners, say representatives. Scan the barcode at right or go to metronews.ca/canada for the full story.





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Key witness to take stand in perjury case

AIR INDIA Twenty-five years after Air India Flight 182 fell from the sky off the coast of Ireland, the legal

saga stemming from Canada's worst mass murder continues this week as a key witness in the trial of two men acquitted in the bombing is tried for perjury.

Inderjit Singh
Reyat is charged Inderjit Singh
with lying in 2003 Reyat
during the trial of
Ripudaman Singh Malik
and Ajaib Singh Bagri. Malik and Bagri were acquitted of all charges connected with the 1985 bombing
of the Air India plane and
another explosion at a
Tokyo airport.

Reyat was called as a

Crown witness at the trial, but the indictment for his perjury charge lists 27 instances in which he is al-

leged to have lied under oath, mostly dealing with his insistence that he didn't remember details of the bombing plot or the name of one of the men involved. Reyat, an electri-

Reyat, an electrician from Duncan, B.C., was charged with perjury in February 2006, nearly a

year after the acquittals. His trial has been delayed several times as lawyers prepared for the case, but jury selection last week set the stage for hearings to begin in a Vancouver courtroom today.

THE CANADIAN PRESS

Privacy czar pushes for better record protection

INFORMATION Gary Dickson has seen abandoned medical records turn up in some pretty bizarre places in his time as Saskatchewan's privacy commissioner — mouldy basements, drafty Quonset huts, vacant buildings.

He argues that more

needs to be done to protect sensitive, personal health information left behind when a doctor retires or dies. Increasingly, he says, no appropriate arrangements have been made to turn records over to another doctor.

THE CANADIAN PRESS

A South Korean couple addicted to an Internet game about raising a virtual child were arrested for neglecting their real three-month-old daughter and letting her starve to death. The couple found their baby dead in September, Yonhap news agency reported. The 41-year-old father and his 25-year-old wife had been in hiding at a relative's home. THE ASSOCIATED PRESS

World/Business

Slaughter in Nigeria

Hundreds killed in weekend of religious violence

Rioters armed with machetes slaughtered more than 200 people over the weekend as religious violence flared anew between Christians and Muslims in central Nigeria, witnesses said. Hundreds of people fled their homes, fearing reprisal attacks.

The bodies of the dead including many women and children - lined dusty streets in three mostly Christian villages south of the regional capital of Jos, local journalists and a civil rights group said. They said at least 200 bodies had been counted by yesterday after-

Torched homes smouldered after the 3 a.m. attacks that a region-wide cur-

'Middle belt'

• The affected city of Jos lies in Nigeria's "middle belt," where dozens of ethnic groups mingle in a band of fertile and hotly contested land separating the Muslim north from the predominantly Christian south.

few enforced by the country's police and military should have stopped.

The killings represent the latest religious violence in an area once known as Nigeria's top tourist destination, adding to the tally of thousands already killed in the last decade in the name religious and political ambitions.

In Dogo Nahawa, a village

five kilometres south of Jos, residents said the dead included a four-day-old infant. survived Those who claimed their attackers shouted at them in Hausa and Fulani — two local languages used by Muslims.

A spokesman for Plateau state where Jos is located, Gregory Yenlong, said police were seeking to arrest Saleh Bayari, the regional leader of the Fulanis, because Bayari's comments incited the attack. He offered no other details.

Jos has been under a dusk-til-dawn curfew enforced by the military since religious-based violence in January left more than 300 dead them Muslims.

THE ASSOCIATED PRESS

Business

Bank of Canada hoping to make paper bills plastic

wants to start making plastic money because plastic bills last longer and are cleaner than paper.

But while the bank won't say who its supplier is going to be, an Australian firm that is a world leader in plastic notes is undergoing a probe for paying kickbacks to obtain contracts. Securency International Pty Ltd. - a company half-owned by the Residelined two executives last May and began a probe of its operations using agents to sell its products to foreign governments.

Agents in Vietnam and Nigeria have been accused of taking kickbacks. If true, that would be a crime under Australian law.

Bank of Canada spokeswoman Julie Girard said the bank can't comment yet on who will supply its hopes to issue plastic notes in about 18 months

TORSTAR NEWS SERVICE

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Toyota has moved past public apology, but are consumers ready to forgive and forget? Scan this code for the story.

News in brief

ADS Five giant billboards advertising Asics athletic gear have been removed from buildings in Hollywood near the site of

the Academy Awards. Los Angeles prosecutors recently charged four people and four companies with hanging the

so-called supergraphics illegally over several storefronts near the Kodak Theater.

THE ASSOCIATED PRESS

Voters, polling station attacked in Iraq

BAGHDAD Iragis defied insurgents who lobbed hand grenades at voters and bombed a polling station yesterday in an attempt to intimidate those taking part in elections that will determine whether their country can overcome deep sectarian divides as U.S. forces prepare to leave.

The conclusion of the vote, however, did not spell an immediate end to political uncertainty.

It could be days until results come in and with the fractured nature of Iraqi politics, it could take months to form a govern-Shiites

Sunnis and seemed united in one way yesterday - defiance in the face of violence. Many came out of polling booths waving fingers dipped in purple ink in a now-iconic image synonymous with Iraq's democracy. In one Baghdad neighbourhood, relatives who had just lost a family member in a bombing walked down to the polling booth to vote.



Mourners gather around the coffin of Ali Yahya, 20, who was killed in a bomb blast in Baghdad yesterday.

Still the violence that shook Baghdad served as a reminder of the insurgency's persistence and adaptability.

Insurgents used mostly rockets, mortars and explosive-filled plastic bottles hidden under trash to terrorize voters on their way to the polls. With those tactics, they managed to get around a vehicle ban in place across the capital for most of the day and killed 36 people, almost all of them in Baghdad.

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News in brief

TERRORIST GROUP A Somalibased Islamic group that has tried to radicalize and recruit young Canadians has been listed as a terrorist organization in Canada. Minister of Public Safety Vic Toews said

yesterday that the government's decision to ban Al-Shabaab was aimed at protecting Canadian families from the activities of this organization. **SWITZERLAND** Voters

vesterday soundly rejected a plan to appoint lawyers for animals that are abused by humans, a blow to those who say Switzerland's elaborate animal rights laws aren't being enforced. THE ASSOCIATED PRESS

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6

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Comment

The stealthy shrinkage of Route 245



ublic transit becomes a harder sell the further out of town you go, so it's sad to see cuts to existing rural bus runs, like OC Transpo Route 245, which will cease service south of Manotick next month.

There are arguments in favour of the cut, but it was done in a rather underhanded fashion.

During budget deliberations, the city's budget, audit and finance committee drew up a list of \$3 million worth of proposed route cuts, and then backed down in the face of public opposition. Not a single one of those cuts was made.

Route 245, however, was not on this list. It was instead targeted in a bit of a sneak attack by Coun. Glenn Brooks, who represents the area and proposed the cut late in the budgeting process.

It was quickly approved without any input from the people it would affect.

Last Monday, an aggrieved group of Brooks' constituents showed up at city hall with a 170-name petition and hopes of saving Route 245.

Because the cut had already been dealt with in the budget, under normal procedures it couldn't be revisited.

And so that's it. Brooks did what he thought was right and voters will pronounce on these and other decisions in the fall.

By an administrative quirk, residents south of Manotick will still be paying a special \$80 transit levy until the end of the year, even though they will no longer be getting any bus service.

This service reduction could have been debated on its own merits with public consultation. Instead, it was enacted though the back door, setting a dangerous precedent for future cuts by stealth.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca

Views

Power of many can make a difference



Andrea Lanthier-Seymour

I met Caroline four years ago on my first visit to Kenya with CARE Canada. She and two dozen friends greeted me with songs and outstretched hands.

Despite the happy welcome, this public display of joy was new to Caroline. Less than two years earlier, she had been ashamed to walk the dusty roads of her village. Forced to borrow money to feed her children, she was seen as a beggar and a burden.

She was alone.

But when she decided to join the women in CARE's co-operative Savings and Loans Group, Caroline discovered she wasn't alone; she was part of something **Symbol of solidarity**

 Wearing a string on your finger March 8 symbolizes solidarity with women and girls around the world. Let the string remind you of the achievements women have

bigger.

Every two weeks, each woman in the co-op put \$1 into a savings pool. Within weeks, there were enough funds to start borrowing money to invest in education, home businesses and their farms. Every two weeks, the pool grew, expanding the possibilities.

Caroline invested in her small home business. She became a pillar in her community. She could afford to send her children to school. And now she was the one lending money to her neighbours, she said with

made to overcome inequality and injustice. But let it also remind you of the millions of women continuing to strive for equality and empowerment.

fiery pride. Thanks to the women's group, she was reaching her full potential.

Sitting with Caroline in that far-off village, I suddenly understood the power of the women around me.

As individuals, they struggled to make ends meet, but together they made each other — and their community—stronger.

Canadians — men and women — can learn so much from them. I have often felt that, as one person, I couldn't make a difference. It took a trip across the globe to understand

that I can be more: I can be one of many.

This International Women's Day, I challenge you to take Caroline's lead — to join together to improve our lives and our community.

How? It's easy. Visit your

How? It's easy. Visit your community resource centre to see where the needs exist for women and girls, who still represent 70 per cent of the world's poorest. Explore websites that offer volunteer opportunities, like Charity Village or Volunteer Canada. Join your community association, become a Big Sister, or bring a group together to fundraise for organizations that help empower women and girls.

And become part of a global collective committed to change.

Andrea Lanthier-Seymour is director of communications, CARE Canada.



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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Going Green

The evolving door

U.S. company looking to harness people power

BEN KNIGHT for Metro Canada

Ever get caught in a revolving door? Or swat-ted in the backside as the door speeds up just as you're slowing down? These things are powerful.

Fluxxlab — a pioneering partnership between Columbia University master's degree holders Carmen Trudell and Jennifer Broutin — is trying to harflagship product, the Revolution Door, generates electricity as office work-ers pour through it each

day.

"Jenny and I were in a class called Responsive Kinetic Architecture," Trudell recalls. "People were trying to design new windows, floors and walls to perform at a higher level of energy efficiency. We decided to find an existing condition inside of a building to be used to produce a small amount of electrici-

Generators spin. So the women went looking for anything in a typical office building that goes around in circles all day long. They found it — right at

the entrance.
"Fluxxlab's work has been focused on local energy harvesting — primarily from people," says Trudell. "People move, and make kinetic energy. We figure out ways to convert that into power."

The door is still in development. The main proto-type currently generates enough juice to power 16 compact fluorescent light bulbs for ten hours. But creating electricity isn't the only point. "The output from the

Revolution Door is relatively small, but it's great for educational purposes. It makes people aware that the food that we put in our mouths and the fat that's stored in our bodies are all part of the same energy cycle as the sun, the grass and coal-burning power plants.

And while the door hasn't yet been installed in any actual office buildings, the idea is certainly generating interest.

"Getting clients has not



Website

• For more info, check out Fluxxlab's fluxxlab.com

been the problem," Trudell smiles. "Vornado, a huge real-estate developer in New York, is interested, and even Mayor Michael Bloomberg has contacted us about possibly helping with his plan to green City

Fluxxlab has also developed the Personal Power Plant, a hand-cranked generator for recharging iPods and cell phones.

"We've had people write to us and say they've attached their Personal Power Plants to their bicycles to use as a dynamo. They're taking our circuit and modifying it, which is really exciting. We hope our projects will go on and have lives more exciting than we originally envisioned."

Nathan to get elbow checked out in Minnesota Twins closer Joe Nathan is headed back to Minnesota to get his surgically repaired right elbow checked out. Nathan says he felt fine while he was working out before spring training games, but there was some soreness when he threw 20 pitches against the Boston Red Sox Saturday. THE ASSOCIATED PRESS

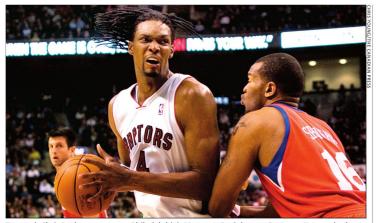
Sports



Martin could miss opening day

Dodgers catcher Russell Martin of Chelsea, Que., is expected to be sidelined for four to six weeks after an MRI revealed a pulled groin. Martin likely will miss Los Angeles' regular-season opener on April 5 at Pittsburgh. Martin first felt discomfort during a running drill a few days before the Dodgers' first spring game Friday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA



Toronto's Chris Bosh, centre, turns Philadelphia's Marreese Speights as 76er Jason Kapono looks on during first half action at the ACC vesterday.

Bosh is back, but can't help Raps

NBA RESULTS

76ers 114 **Raptors** 101





NBA Chris Bosh sauntered into the dressing room the showers and from turned his back on the reporters clustered around his stall.

From there, there was an extended process of drawing one long pant leg over each long leg, pulling a sweater over his head and. ultimately, addressing the other process he is facing on the court with the Toronto Raptors.

The 25-year-old was a shadow of his usual self in his return to action from a seven-game absence, unable to carry the Raptors past a team buried deep in the fringes of the Eastern Conference playoff race. Toronto fell 114-101 to the Philadelphia 76ers at home yesterday, its fifth loss in six

"I felt good ... felt pretty good," Bosh said. "It's just going to take some time. Just got to get my legs under me, and once I get my legs under me and my strength back, I think I'll be

fine.

He was held to only 12 points in 33 minutes of playing time, his lowest offensive output since Dec. 23, and his second-lowest of the season. Thaddeus Young scored a career-high 32 points for the Sixers, who as a team hit a remarkable nine of 12 attempts from beyond the three-point arc.

Bosh had not played a minute since spraining his left ankle in a Feb. 17 overtime loss to Memphis, and Raptors head coach Jay Triano said he would ration his star player's playing time if his energy levels sagged.

GMs set to tackle hockey headshots

The issue of headshots in hockey will be put under the microscope when the NHL's 30 general managers gather this week.

It will be one of the many topics discussed during the annual GM meetings from today to Wednesday and seems to be the one most likely to result in a potential rule change.

It's something the GMs have grappled with a few times already. Former NHL Players' Association executives Paul Kelly and Glenn Healy raised the issue during a presentation at these meetings a year ago, saying it was the most important concern for players.

However, it didn't gain much traction then or during a subsequent meeting at the Stanley Cup final in June. The nature of the changed conversation when the group convened in November, prompted in part by a couple vicious hits early in the season -



off the ice on a stretcher during yesterday's loss to the Penguins. Scan this code for the story.

notably the one Mike Richards put on David Booth.

At that time, the managers began acknowledging that change might be in the air.

"(The conversation) was quite a bit different. Some of the guys who have taken a strong position that it may take hitting out of the game have adjusted their views a little bit," Carolina Hurricanes GM Jim Rutherford said then. "If we continue down what was talked about today then we will see a change ... I think if we got the direction that it appeared we

were going, you will see a change for next year."

Rutherford is one eight GMs who will be tasked with discussing various aspects of headshots before it is tackled by the larger group. A decision could then be made to recommend a rule change, which would need to be approved by the competition committee and the league's board of governors.

Traditionally, the general managers have grappled with finding a way to make hitting safer with-out diminishing the physical aspect of the sport. For example, the Canadian Hockey League currently assesses an automatic minor penalty for any check to the head, but that hasn't been a solution that appeals to many of the NHL general managers because they feel it discourages hitting.

THE CANADIAN PRESS

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YMCA-YWCA

Ontario's Howard moves to 3-0 after close win at Brier

CURLING This may be Jeff Richard's first trip to the big show but B.C.'s barrelchested skip hasn't been shy about throwing his weight around at the 2010 Tim Horton's Brier.

For a second day in a row he pushed a former Brier winner to the brink yesterday before losing 7-6 to Ontario's Glenn Howard, who had to draw his last rock to the four foot in the 10th end to win.

Richard forced Manitoba's Jeff Stoughton into an extra end in their Saturday game losing in similar fashion.

He said he didn't come to Halifax to be intimidated by the big guns.

"You've got to stay close with them. If you let those guys get ahead they're going to run you out of the building," said Richard who now falls to 0-2.

Richard said taking on the stronger teams early is not a bad thing.

"It takes a while for everyone to catch on to the ice, even Stoughton and

"You've got to stay close with them. If you let those guys get ahead they're going to run you out of the building?

B.C.'s Jeff Richard on competing with the big names at the Brier

Howard's rinks, so we gave ourselves good chances to

Howard, who moved to 3-0 yesterday to top the Brier standings after the 4th draw, said it was a real

battle.
"B.C.'s really solid and they don't make many mistakes. Fortunately we had the brick coming home," said the three-time Brier winner.

"We knew we had our hands full. They're a team that's going to do some damage this week.

THE CANADIAN PRESS

Sports in brief

MLB Randy Ruiz hit a grand slam and the Toronto Blue Jays chased Jeremy Bonderman in the first inning of an 8-5 victory over the Detroit Tigers yesterday. Bonderman recorded just two outs and was charged with six runs. Toronto's Jose Bautista connected for a leadoff home run off Bonderman.

GOLF Camilo Villegas won the Honda Classic yesterday, shooting a final-round 68 to finish at 13-under 267 and posting his third PGA Tour victory. Calgary's Stephen Ames hit 72 to finish 13 shots back, while Bright's Grove, Ont., native Mike Weir shot 73 to end the tournament 14 behind.

METRO NEWS SERVICES

SCOREBOARD

YESTERDAY'S RESULTS

YESTERDAY'S
Detroit 5 Chicago 4
Vancouver 4 Nashville 2
Calgary 5 Minnesota 2
Pittsburgh 2 Boston 1
Carolina 4 Atlanta 0
Buffalo 2 N.Y. Rangers 1 (OT)
Philadelphia 3 Toronto 1
Edmonton 2 New Jersey 0
Montreal at Anaheim

VESTERDAY'S RESULTS
Philadelphia 114 Toronto 101
Orlando 96 L.A. Lakers 94
Detroit 110 Houston 107 (OT)
Washington at Boston
Oklahoma Gity at Sacarmento
Portland at Denver

Lambton College announced last week it has joined Project Hero, a scholarship program for children of Canadian Forces personnel killed in the line of duty. According to the program's website, 48 post-secondary institutions across Canada are now offering the scholarship. METRO NEWS SERVICES

9

Workology

Gender employment gap huge

Although there are 2.5 billion men and 2.5 billion women worldwide in the productive age, only 1.2 billion women are employed as opposed to 1.8 billion men, a difference of 600 million jobs. Fourty-eight per cent of women remain economically inactive, compared to 22 per cent of men Such a gap will take many, many years to disappear. But the gender gap may even grow bigger.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Careers that women want



SYLVIA PUTZ for Metro Canada

Ambitious young women starting out and rising in their fields today are determined to succeed, but some say they are not prepared to sacrifice like their moms and the boomer generation of women before them did.

"For the past three years, I have observed the new generation and their fierce determination for a balanced life, and a need to

achieve both personal and professional success," says Aurea Crotty, founder of Savoir Faire Professionals, a development group for women in their 20s and 30s.

Career goals haven't changed, she says, but what has changed is their willingness to play by the old rules. They've seen the sacrifices their mothers and other pioneering women of the older generation were forced to make at home and in their work, and now they want to reap the benefits. "They've decided they want everything the boomer generation has achieved, without the sacrifices," says Crotty. "They are busy finding the career that



Many women today are looking work-life balance that includes time for family and a career.

fits the life they want."

Consider Karran Finlay, 34, of Vancouver:

"I have always been career-driven. I love what I do and I've always worked hard. I simply reached a point where I wanted to work hard on my own terms," says Finlay, 34, who formed Karran Finlay Marketing (KFM), her own home-based marketing and events agency, after 11 years of climbing the corporate ladder in her field.

She differs from her mom, who was forced to make choices when extra demands at home kept her from a career.

"I admire the sacrifice my mom made, (but) I feel grateful there are more options today that offer my generation a few more choices."

Women of Canada

• OTTAWA "My career is very important to me (but) not at the expense of other areas of my life. Our generation is fortunate that the sacrifices of the older female generation have broken down barriers and paved the way for women today," says Erin Moore, 30. She runs her own financial consulting business.
• CALGARY "After 12 years of

travelling more than I was home, I called my director from an airport and resigned. I needed to create a career allowed me to find balance between family, work and personal time," says Leisha Laird, 36. She was in sales and marketing before she went back to school and opened up her own acupuncture and herbal medicine clinic.

Journey to the top

LEADERSHIP Kim Campbell made history as the first female prime minister in the history of Canada. Here's what she says about what she says about being powerful and being a woman in today's world

today's world
"In high school I was elected the first female president of the student council, which made me realize that I could be involved in politics in other ways. Local government is a great way of cutting your teeth in politics: You know your constituents and your decisions have an immediate impact. People yell at you, but you don't need thick skin; you just need perspective.

"After several years of local politics in British Columbia, I became Canada's first female minister of justice and minister of defence. (Soon) I was running for the leadership of my party (the old Progressive Conservative Party), it was highstakes poker. Political re-



Kim Campbell

porters are some of the most conservative people I've met. I had two things against me: I wasn't from a big city, and I was a woman. They treated me like, 'We didn't make you. Where did you come from?'

"Female leaders are still seen as an anomaly. But we're often excellent leaders, so I tell young women to go for it. There are sacrifices and compromises in politics, but they are in any job, whether you're a man or a woman. And having a profession to return to helps." METRO WORLD NEWS



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EST. 1896

10 workology

Billions for PSE infrastructure, research, training in federal budget

As outlined in its 2010-11 budget, announced last week, the federal government will provide \$1 billion to support deferred maintenance, repair, and construction at post-secondary institutions. METRO NEWS SERVICES

Health on a grand scale



rowing up the eldest of five gave Dr.
Arlene King early experience caring

for others, even when it wasn't easy. "You get to be pretty tough when you have three younger brothers."

She started out studying nursing, but wanted more of a challenge. She switched to general science and then did a medical degree at McMaster University.

Then King, who's now 54, studied family medi-

cine at the University of Calgary and worked as a family physician in the small northern Alberta town of Fairview. "I did about 25 years of medical practice in five years," says King. In her large catchment, she dealt with everything from childbirth to heart disease to farm injuries.

She noticed just how many accidents and illnesses among her patients could be prevented — and she wanted to be part of that. "I felt I needed to do training in public health." So she did a masters in

So she did a masters in health sciences with a specialty in public health from the University of British Columbia. The degree taught her how to look at health not just from an individual perspective, but based on a larger population.

After graduation, she worked as associate medical officer of health for Burnaby, B.C. She did a few other jobs in B.C., including working for the province's Centre for Disease Control before she landed in Ottawa working for Health Canada on infectious diseases. She acted as the technical lead for the agency during the SARS outbreak.

Last fall, after ten years in Ottawa, she was named chief medical officer for Ontario.

The job started out with



Dr. Arlene King focuses on preventing illness on a mass scale as chief medical officer of Ontario.

a bang: That's when H1N1 came along. She's been kept so busy with the flu strain that she's still being briefed on some aspects of her job.

Primarily, her job entails keeping Ontarians informed about current public health issues. So far, that's meant speaking a lot about H1N1 to the media, other medical professionals and regular people in the province. She aids in communications between the Ontario Ministry of Health and the new Ontario Agency for Health Protections.

tion and Promotion. She spends a lot of time talking with other chief medical officers — cities, provinces and Canada itself all have one — so that means lots of conference calls and face-to-face meetings.

King's days start out with reading up on public health in the news. She also reads a lot of medical journals, particularly to find out the latest in infectious diseases.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Human Library combats bias

When Chris Langley volunteered to help out with a project at his university library last year, he didn't imagine he'd wind up becoming a book.

The 25-year-old master's student was intrigued by the notion of a human library, a space in which prospective readers scheduled half-hour time slots with real people and engaged in direct conversations about prejudice.

As an atheist, Langley felt his views and experience could help fill a niche in the library's catalogue and immediately put himself into circulation.

The last-minute addition proved a popular attraction, with all but one of his available time slots filling up over a two-day stretch.

The atheist book was back on shelves for the 2010 edition of the human library, which began last week at the University of Guelph. The man behind the cover was keen to re-engage with readers on an issue he feels is often misunderstood.

"The prejudice I feel is invisible. It's more a stigma attached to the label," Langley said in a telephone interview from the university campus. "We're thought of as evil, callous and even shallow."

Readers who check out Langley's book will not be subjected to a lecture about the virtues of his personal religious choice, he said. Readers are strongly encouraged to come with questions and engage him in conversation on spiritual matters of every ilk.

"Last year, readers were curious about how I can view the world without a supernatural power, how I cope when I lose loved ones, how I cope without an afterlife," he said.

Last year's event, which attracted 163 readers and 32 human books, proved the strategy was working, he said.

"There were all these people having really intense conversations about sometimes very difficult things," Mike Ridley, the university's head librarian said. "Libraries are all about helping users make sense of the world. Here was an event where users were making sense of the world just by talking." METRO NEWS SERVICES

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A downtown retail establishment is currently looking for one full time **postal operator** and two part time **postal clerks** for a postal outlet. If you possess excellent interpersonal skills, enjoy working in a fast paced environment with a regular clientele and like to perform clerical and administrative duties, this may be a great opportunity for you. All candidates must be bilingual and available to work weekdays and weekends.

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workology 11

Tweet yourself into a new job

Can you keep your resume under 140 characters?

You may be able to tweet your way into a new career, according to Susan Britton Whitcomb, Deb Dib and Chandlee Bryan, co-authors of the recently published book The Twitter Job Search Guide. The micro-blogging website is changing how people hunt for work, they said.

"In the past, you had to go through a maze of gatekeepers to get to the cloistered person in charge of hiring decisions," Britton Whitcomb said. "Now you can have access to them with the click of a 'Follow' button. The ability to level the playing field — placing you nearly peer-to-peer with influencers, leaders and hiring authorities — is extremely powerful."

The authors give these tips for your short and sweet, real-time job search: "In the past, you had to go through a maze of gatekeepers to get to the cloistered person in charge of hiring decisions. Now you can have access to them them with the click of a 'Follow' button."

Susan Britton Whitcomb

 Active participation is essential: Take the time to regularly expand your network and engage others. Building relationships online requires patience, but you should be able to enhance your reputation and develop a fan base using just 15 minutes a day. • Be transparent: When reaching out to a hiring manager or person with influence about a job, make sure the relationship is give-and-take in some way. Don't just ask them to give you a position. Instead, give advice or demonstrate expertise on a subject that matters to them, and let them

know you're looking for work.

- **Update:** Be sure to post regular updates about your job search, and acknowledge those who are helping you along the way.
- **Specifics:** Be specific when it comes to your career objectives, skills, interests and your brand.

"Successful job seekers have a distinct brand that helps their networking contacts and prospective employers get a quick picture of who they are, how they work and how their talents would bring value to the table." Dib said.

THE CANADIAN PRESS

Workology in **brief**

MILLENIALS LOVE THE EDUCATION Millennials are on track to become the most educated generation in American history, reports a new study from the Pew Research Centre. Census data shows that among 18- to 24-year-olds, a record share of 39.6 per cent was enrolled in college as of 2008. About half of Millennials currently enrolled in high school or PSE plan to pursue a graduate or professional school degree.

DALHOUSIE SEEKING INPUT

Dalhousie University held public sessions in New Brunswick last week to find out what qualities Maritime patients would like to see in future doctors. The university will use the input from these sessions, as well as those held in Nova Scotia and P.E.I., to help design the curriculum for the new medical education program in Saint John, set to launch this September.

ONTARIO TOUGHENS RULES

Starting April 15, schools in Ontario that provide substandard security and investigator training will be subject to police and government investigation if they do not comply with new provincial regulations.

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12

It looks like Grey's Anatomy will be down two doctors next season, and, believe it or not, neither of them are played by Katherine Heigl. Sources confirm that Mercy West transplants Robert Baker (Dr. Percy) and Nora Zehetner (Dr. Adamson) are not expected to return next season. Ew.com

Entertainment

Scent of a woman

of stars like Halle Berry and Jennifer FEMALEFIRST.CO.UK



man and wife Michele Lee



Inglourious Basterds' Christoph Waltz accepts the Oscar for best supporting actor.



Ben Stiller presents the award for best makeup dressed up as

Early wins for Locker, Avatar

Mo'Nique, Waltz pick up supporting actor Oscars

m.metrenews.ca

of Academy Award winners a other Oscar stories, or visit metronews.ca/movies

Powell. The Young Victoria.

Villainous roles snatched the supporting-acting prizes yesterday at the Academy Awards: Precious co-star Mo'Nique as a contemptible mother and Inglourious Basterds co-star Christoph Waltz as a sociable Nazi fiend.

Both performers capped remarkable remarkable years, Mo'Nique startling fans with dramatic depths previously unsuspected in the actress known for lowbrow comedy and the Austrianborn Waltz leaping to fame with his first big Hollywood role.

'I would like to thank the academy for showing that it can be about the performance and not the politics," said Mo'Nique, who plays the heartless, abusive welfare mother of illiterate teen (Gabourey Sidibe, a best-actress nominee in her debut) in Harlem drama Precious: Based on the Novel 'Push' by Sapphire.

Mo'Nique added her gratitude to the first black actress to win an Oscar, Hattie Mc-Daniel, the 1939 supporting-actress winner for Gone With the Wind.

want thank Miss Hattie McDaniel for enduring all that she had to so that I would not

Winners take all

- Supporting Christoph Waltz, Inglourious Basterds
- Supporting Actress: Mo'Nique, Precious: Based On The Novel Push by Sap-
- Animated Feature Film: Up
- Adapted Screenplay: Geof-
- fery Fletcher, Precious
- Original Screenplay: Mark Boal, The Hurt Locker
- Foreign Film: The Secrets in

and Tyler Perry,

signed

who

thanks to Oprah Winfrey

Their Eyes (Argentina) Editing: Bob Murawski and Costume Design: Sandy Chris Innis, The Hurt Locker have to," she said, adding

cious after it premiered at last year's Sundance Film Festival.

Precious also won the adapted-screenplay Oscar



 Cinematography: Mauro Fiore, Avatar.

- Documentary Feature: The Cove Makeup: Barney Burman,
- Mindy Hall and Joel Harlow, Star Trek
- Visual Effects: Joe Letteri, Stephen Rosenbaum, Richard Baneham and Andrew R. Jones, Avatar
- Original Score: Michael Giacchino, Up

• Original Song: The Weary Kind, Crazy Heart.

Penelope Cruz, who gave Waltz a kiss as he took the

Oscar and Penelope. That's an uber-bingo," Waltz said.

The Iraq War drama The Hurt Locker won four prizes, including original screenplay for Mark Boal, who

> pressures of a bomb unit in Iraq. The sci-ence-fiction blockbuster Avatar won three Oscars, for visual effects, art direction and matography, beating

Hurt Locker for

the perils and

the latter. The Hurt Locker won out over Avatar for film editing, sound editing

and sound mixing. With nine nominations each, The Hurt Locker and Avatar came in tied for the Oscar lead. The evening's last two categories, best director and picture, marked the two films' main rivalry, which is spiced up by a personal connection between Hurt Locker director Kathryn Bigelow and Avatar director James Cameron. They were married from 1989-91.

Cameron took the directing prize at the Golden Globes, but Bigelow earned the top honour from the Directors Guild of America, whose recipient almost always wins the same award at the Oscars.

If it happens, Bigelow would be the first woman in the 82-year history of the Oscars to win best director.

Screenwriter thanked Bigelow, calling her an "extraordinary and visionary filmmaker," and dedicated his Oscar win to the troops still in Iraq and Afghanistan, along with those who did not make it home. Up earned the thirdstraight Oscar for Disney's Pixar Animation, which now has won five of the awards since the Academy of Motion Picture Arts and Sciences added a category for animated features. THE ASSOCIATED PRESS

Hollywood Votes Academy <u>Awards</u>

In and around

the Oscars FULL TWEET AHEAD:

Just in case there isn't enough Internet buzz about the Oscar red carpet, the motion picture academy and sponsor Kodak invited a few bloggers to tweet from the fan bleachers this vear.

Marsha Takeda-Morrison, who blogs about parenting in Los Angeles at SweatPantsMom.com_posted a link to a photo of herself on

Twitter. "Me on (OK — near) the Red Carpet!" she tweeted. "I think the companies are starting to see the power of social media and word of mouth," Takeda-Morrison said. SECURITY FIT FOR 'GODS':

Security has gotten tighter every year since the Academy Awards moved to the Kodak Theatre in Hollywood, according to residents of the area.

"The security is excessive. completely exaggerated," said Alfonso Puicercus, a hotel manager from Barcelona. Spain, who wanted to see the red carpet for himself. "They treat these stars like gods who can't mix with the rest of us. But they're not."

EAT LIKE THE STARS:

Reporters, vendors and other non-famous folks had a chance to party like movie stars Saturday at the Governors Ball preview, Guests got a glimpse at the art-deco, supper-club setting inside Hollywood&Highland's grand ballroom. They sampled the paella, sushi and tiny crab cakes that A-listers dined on yesterday after the Academy Awards. THE ASSOCIATED PRESS

entertainment 13

Red carpet drips glam

Academy **Awards**

Metro takes a look at the stars who dazzled the red carpet at the 82nd Annual Academy Awards last night.

ALL PHOTOS BY THE ASSOCIATED PRES



British actress Carey Mulligan, star of An Education.



Precious star Mariah Carey turns up the glam.

Canadian

McAdams

goes with

the flow.

actress

Rachel



Kate Winslet continues with her elegant look at the Oscars.

Vera Fermiga,

star of Jason

Reitman's Up

In The Air, turne

up as the lady

in red.



Precious star Gabourey Sidibe.



Up In The Air star Anna Kendrick.

| ОТ | Vu SC C | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|-----------------------|----------------------------------|------------------------------------|----------------------|--|---------------------------------------|---|-----------------------------|--|------------------|------------------------|
| 9 | 265 353 2 TVO | The Museum | The Museum | The Agenda With Steve Paikin | | Midsomer Murders | | Lost Kingdom of | Africa (N) | Agenda-Paikin |
| 3/8/10 | 211 331 3 GTV | Entertainment | ET Canada | | | 24 (HDTV PA) (N) | | Cold Blood (N) | | News Hour |
| (4) | 5 SRC | Virginie (SC) | Les Parent (N) | | | Les Boys (SC) | C.A. (N) (SC) | Le Téléjournal Nouvelles. (SC) | | TJ Ontario |
| | 209 342 6 CHRO | Degrassi | TMZ (N) | Law & Order (HD | TV) (N) | Gossip Girl (HDT | V) (N) | Castle (HDTV) (N |) | Comedy Now |
| | 196 311 7 CTV | etalk | Access H. | Hiccups (N) | Dan for Mayor | Two/Half Men | Big Bang | CSI: Miami (HDT\ | | CTV News |
| U | 208 303 8 CBC | Wheel Fortune | Jeopardy! (N) | 18 to Life (N) | Little Mosque | Ron James Ques | t for the West | CBC News: The N | lational | The Hour |
| | - 360 9 NBC | Wheel Fortune | Jeopardy! (N) | Chuck (HDTV) (N | | Trauma "Tunnel Vi | sion" | Law & Order (HD) | | News |
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| | 11 QS | Oncle Charlie | Rire et délire | CSI: NY (N) (SC) | | Le Mentaliste (N) | | L'Attaque à 5 (N) | | À couper |
| П | 137 763 12 TFO | Panorama | | Carnets d'expédi | | | | ne) Catherine Dene | | Bibliotheca |
| | - 362 13 CBS | The Insider (N) | Judge-Brown | How I Met | Engagement | Two/Half Men | Big Bang | CSI: Miami (HDT\ | | Two/Half Men |
| 4 | 216 395 14 OMN2 | Family Guy | The Simpsons | Omni News: S. A | | Omni News: Cant | | Two/Half Men | King/Queens | Cold Case |
| W | 214 344 15 CITY | Law and Order | | | son Mesnick and Mo | | | Chuck (HDTV) (N | | News |
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| | 218 345 18 CHCH | | | ickman, Rachel Gri | | | | omedy), Kate Huds | | News at 11 (N) |
| | - 361 20 ABC | Action News | Entertainment | | on Mesnick and Mo | olly Malaney wed. (N | V) | Castle (HDTV) (N | | News |
| | 512 396 24 CPAC | La Période de qu | | | L'Heure politique | | | | Revue | Période-quest. |
| | 651 355 25 CTS | Little House on t | | Dr. Quinn, Medici | | 100 Huntley Street | et | Life Today | This Is Day | John Hagee |
| | - 365 36 FOX | TMZ (N) | Seinfeld | House "Private Liv | | 24 (HDTV PA) (N) TBA | O-W- Th | FOX 2 News (N) | | News |
| 77 | 64 PBS | Business Rpt. | Wings-Canada | Visions of Canad | | | Celtic Thunder: It | | 0.00 | Charlie Rose |
| co. | 205 312 104 CTV 502 390 26 NW | etalk | Access H. | Hiccups (N) | Dan for Mayor | Two/Half Men CBC News: The N | Big Bang | CSI: Miami (HDT\ | | CTV News National |
| news | | The Lang & O'Le Situation Room- | | Connect with Ma Campbell Brown | | | | Mexico's Drug Wa Anderson Coope | | National |
| _ | 500 500 33 CNN 406 417 27 net | | | | | Larry King Live (N) Skiing FIS Freestyle. | | Sportsnet Conne | | Prime Time |
| | 126 730 28 RDI | | | Billiards: US Open 9 Ball Grands reportages (SC) | | Le Téléjournal (S | | RDI économie | Le National | Le Téléjournal |
| <u>ج</u> | 400 280 30 TSN | | | er, Draw 8. (HDTV) From Halifax. (Live) | | Le relejournar (S | SportsCentre | noi economie | That's Hockey! | SportsCentre |
| sports | 410 403 52 SCR | RaceNight | TO THILL HOLIOUS DIN | n, Diaw G. (FIDTY) From Flamax. (Live) | | | | th Michael Cole and Jerry Lawler. | | Sportsoentie |
| ဟ | 411 457 56 OLN | Ghost Hunters | | Destination Truth | | Oper. Repo Oper. Repo | | Ghost Hunters International | | Destin, Truth |
| | 417 406 59 SC | NASCAR | NASCAR Hub | Fast Track to Fan | | Racing Chef | NASCAR | NASCAR | What's Deal? | Car Crazy |
| > | 554 544 48 TEL | Johnny Test | Total Drama | Total Drama | 6TEEN | Futurama | King of the Hill | American Dad | Futurama | Robot Chicken |
| family | 557 540 51 FAM | Sonny-Chance | Suite Life | Overruled! | Han, Montana | Wizards-Place | Latest Buzz | Ned's School | Cory in House | That's-Raven |
| <u>æ</u> | 551 542 65 YTV | iCarly | Scorpion | Malcolm-Mid. | Hates Chris | 8 Simple Rules | What I Like | Family Biz | To Be Indie | Prank Patrol |
| | 570 580 29 MM | The Daily Fix | | Ranked! | | mmtop10.ca | | Behind the Music | "Pink" | Gene Simmons |
| | 615 520 31 A&E | Criminal Minds (| HDTV) | | | Intervention (HDTV) | | Hoarders (HDTV) | | Paranormal |
| | 628 584 32 SPKE | UFC Unleashed | | UFC Unleashed | JFC Unleashed | | TNA Wrestling (HDTV) (Live) | | | Players (HDTV) |
| | 521 560 34 TLC | Our Little Life | Our Little Life | Our Little Life | Our Little Life | Ultimate Cake Of | f (N) | Cake Boss | Cake Boss | Our Little Life |
| البا | 145 761 35 TV5 | Les Carnets du b | ourlingueur | The Party Never Stops (2007, Drama) Baby Ballroom | | Dance of My Heart (N) | | Voyageur | Urbania | TV5 Le Journal |
| 1 | 616 521 39 SHO | Relic Hunter | | | | | | Bones (HDTV) | | NCIS |
| W | 620 523 40 BVO | Bone | | | | | | In the Shadow of the Blues | | Law & Order |
| | 520 505 42 DIS | Daily Planet (N) | | MythBusters | | Dirty Jobs "Worm Grunter" (N) | | Motor City Motors (N) | | Daily Planet |
| | 575 583 43 CMT | Due South | | Amer. Funniest H | | According/Jim According/Jim | | Dixie Chicks: Shut Up and Sing | | |
| | 601 562 45 SLC | Rich Bride Poor | | Nearly Dead | Newlywed | Tori & Dean-Swee | | Love Inc. | Love Inc. | ET Canada |
| M | 625 548 46 COM | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | John Oliver's Sta | | Daily Show |
| | 294 529 47 TBS | Family Guy | Family Guy | House-Payne | House-Payne | Monica: Still | Monica: Still | Seinfeld | Name Is Earl | Law & Order |
| | 600 564 49 H&G | House Hunters | Property Virgin | For Rent | Bang, Buck | Home to Flip | Marriage | House Hunters | House Hunters | Holmes/Homes |
| A | 627 528 50 SPC 581 566 53 MTV | Stargate Atlantis Peak Season | (DVS) | Star Trek: Voyage Cribs | Parent Control | Manticore * (2005 Buried | Buried | Robert Beltran. Buried | MTV Cribs | Stormworld MTV Live |
| W | 618 524 54 TROP | Re-Vamped | Cribs | Parking Wars | Parking Wars | Flipping Out | Durieu | Launch My Line | MIV Cribs | Prod. Parker |
| | 522 506 55 HIS | Quebec | Ancestors | Greatest Tank Battles | | | | | W | Tank Battles |
| | 129 773 60 CD | | | | | S O S (HDTV) | | Shockwave (HDTV) Les Enquêtes du NCIS (HDTV) | | Ondes de choc |
| | 261 394 61 V | Murder, She Wro | | | Wait for God | Blue Murder "Lonely" | | Unscripted (N) Archaeologist | | Poltergeist |
| $\boldsymbol{\sigma}$ | | | | | Love It or List It Love It or List It | | | , criucologist | Confidential | |
| | | | | | Shaputuan | | | | | |
| | 621 527 71 TLK | Look-A-Like | TMZ | The Ellen DeGen | | The View (HDTV) (N) The Dr. Oz Show (N) | | (N) | TMZ | |
| | 603 561 95 FN | Ricardo | David Rocco | Restaurant Make | over | Top Chef Masters | | Pitchin' In | Glutton | Restaurant |
| | 003 301 33 FN | | | | | | | | | |

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14 entertainment



It may not be of the 'child' variety, but support is support, right? Dancing with the Stars hasn't even started but contestant Kate Gosselin already has one fan: her ex. "Congratulations to Kate for joining the

Celebrity Buzz

This time it will be different | A rolling stone of love

WHY DOES THAT SOUND LIKE A LINE? OH RIGHT, BECAUSE IT USUALLY IS Sienna Miller who reconciled her romance with actor Iude Law at the end of last year while they were both staring in theatre productions on New York's Broadway — has reportedly agreed to travel back to the U.S. to stay with the Alfie star while he works on his new movie Contagion, femalefirst.co.uk reports.

"Sienna is determined to make it work with Jude this time," a source told the Mail on Sunday news-

MAKES YOU THE STAR OF HUN-

DREDS AND HUNDREDS OF

VERSIONS OF THE SAME SONG Country star Taylor Swift,

boyfriend Joe Jonas to ex-

pect more songs about

their failed romance — be-

cause the heartbreak has

provided her with "al-

bums" full of material, fe-

The You Belong With Me

hitmaker dated the Jonas

Brothers' singer for several

malefirst.co.uk reports.

has warned ex-

"She doesn't want to let him out of her sight. She loves him and wants them to stay together, so she is prepared to move

wherever he is.' It was recently claimed that 37-year-old Law — who saw his engagement to Miller, 28, end in 2005 when he slept

with his children's nanny – has asked the actress to move into his London home

While the Factory Girl star agreed, cautious Miller has insisted on keeping her own house in case things go wrong again.

A source said: "Jude has promised there will be no affairs and Sienna demands total honesty."

"A letdown is worth a

few songs. A heartbreak

is worth a

.cw al-bums."

METRO

WORLD

METRO WORLD NEWS

new season of DWTS. I am thrilled for her. She has my support and vote," Jon Gosselin Tweeted, tyguide.com reports. METRO NEWS SERVICES

OR IS IT SHE ROLLED A STONE WITH HER LOVE? Angelina Jolie and Mick Jagger reportedly had an affair while they were both in previous marriages, according to a new

Jagger, who was married to Jerry Hall at the time, met Jolie on the set of the Rolling Stones' 1997 video for Anybody Seen My Baby? Jolie was then married to Johnny Lee Miller. The book, Brad Pitt And Angelina Jolie: The True

Story, also alleges that Jolie's other famous conquests before settling down with Brad Pitt included Ralph Fiennes and Colin Farrell, whom she had to dump because of his drinking.

METRO WORLD

Don't drink and spin

IT ENDS UP LOOKING LIKE A CAR CRASH — MESSY AND TRAGIC Lindsay Lohan took stab at a new career while in London — and things didn't go so well, according

to Radar Online. The actress

served as guest DJ at a Nokia launch party and reportedly turned in a rather

performance.

"It was really embarrassing to watch," a partygoer tells the website.

"You could tell she didn't know what she was doing."

The source says part of the problem might have been Lohan's need for refreshment.

"Lindsay constantly had a drink in her hand the whole time she was playing.

METRO WORLD

She's taking it nice and slow

Messing with a teenage heart

months in 2008 - but she

was left devastated when

he dumped her in a 27-sec-

Swift poured out her

emotions in her song For-

ever & Always, but she in-

sists she's not quite done

She tells Elle magazine,

"I like to categorize the

various levels of heart-

break. I've only had that

(level of heart break)

happen once.

targeting Jonas just yet.

ond phone call.

WHILE HE'S PICKING OUT THE CHINA Things are reportedly getting serious quickly for Reese Witherspoon and new boyfriend Jim Toth, but is too quick for the Legally Blonde star?

Toth's ex-girlfriend says the CAA talent agent is a "nice guy, but he can be needy and is definitely looking to settle down," according to In Touch.

"He lost his father about



want to get married. He is not looking to casually date, he's looking to get more serious.'

Witherspoon, on the other hand, is looking to take things slowly, according to a source: "Reese got married too young the first time and she never wants to go through another divorce again.'

METRO WORLD NEWS

Too old for the young roles

TOO YOUNG FOR THE OLD ONES. CAN YOU HEAR THE SCREAM OF HER HURT PRIDE?

Nicole Kidman has lost a job to an actress 25 years vounger than her, as Disney star Selena Gomez has been tapped to star in Monte Carlo instead of Kidman, according to Variety.

The film, based on the book Headhunters, is about a trio of American

women passing them-selves off as wealthy while on vacation in Europe.

Kidman was set to star until producers decided the story should take a younger tack. Gossip Girl Leighton star

Meester may also star. METRO WORLD NEWS

Follow these celebrities on Twitter.. Celeb**Tweets**

very wholesome guilty pleasures, TYRA BANKS is starstruck, and **ELLEN DEGENERES** explains her wardrobe repeat. @ThatKevinSmith True Confession: Thanks to a high school airlfriend. I have every Amy Grant Christian music album from self titled debut to Heart in Motion. @tyrabanks My mama and I just met Morgan Freeman. Total groupie moment! We are in Shawshank heaven!!! @TheEllenShow I'm wearing the same thing today that I wore on last nights Idol, but don't get any ideas about me and Simon. Ryan & I had a slumber party.

METRO NEWS SERVICES

Billy ain't got no Love

AND ABYSS IS THE NEW HOLE

Courtney Love is set to mount a comeback with new material for her band. Hole, but one person isn't thrilled by that idea.

"It would be a real big problem, because I haven't given my permission," Billy Corgan, who worked on the material with Love, tells Rolling Stone about the prospect of Love releasing the new songs. "I have no interest in supporting her in any way, shape or form. You can't throw enough things down the abvss with a person like that."

> METRO WORLD













entertainment 15

Take Five

with 4 tsp vegetable oil

and stir-fry scallions, gar-

lic, chili pepper and pack-

aged vegetables 3 minutes.

Stir in stock and boil Add

sprouts. Cook 2-3 minutes.

3. Stir in soy sauce; add

shrimp and cook 1-2 min-

utes if fresh, 3 minutes if

frozen. Toss in noodles

and reheat thoroughly.

4. Heat remaining oil in

small pan. Season eggs

and pour into pan. Fry,

gently stirring to scramble

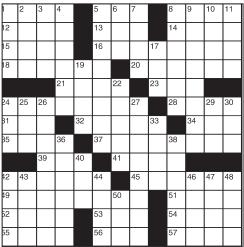
eggs slightly, until lightly

set into large, soft curds.

Mix into noodles and serve immediately.

mushrooms and bean

For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| 4 | | 6 | | | 9 | | 2 |
|---|---|---|---|---|---|---|---|
| | 5 | | 1 | 3 | | 8 | |
| 8 | | | 9 | 4 | | | 5 |
| | | 2 | 3 | 1 | 7 | | |
| | | | | | | | |
| | | 7 | 5 | 2 | 8 | | |
| 2 | | | 8 | 9 | | | 3 |
| | 1 | | 2 | 7 | | 9 | |
| 3 | | 8 | | | 4 | | 7 |

1 Refuse abruptly 5 Brooch 8 Actress Sorvino 12 Hodgepodge 13 Salt Lake tribe member 14 Blackbirds 15 Dregs 16 AAA vehicle 18 Shoe style 20 Ponders 21 String instrument 23 Conclusion 24 Rope contest 28 Facility 31 Exist 32 Georgia of "The Mary Tyler Moore Show 34 Dead heat 35 Hostels 37 Ice cream parlor worker 39 Conger, for one 41 — gin fizz 42 Painter or

sculptor

45 Sent forth

49 Important

thoroughfare 51 Salver 52 Formerly 53 "This tastes awful!' 54 Being, to Bru-55 Smooch 56 Chow down 57 "Phooey!"

1 Thin neckwear 2 Rodriguez or Trebek 3 Willing, oldstyle 4 Balkan land 5 Insults 6 Judge Lance 7 Mr. Gingrich 8 Leatherneck 9 Flood 10 "Casablanca" role 11 Inquires 17 Definite article

19 Abundant

of Nigeria

22 Former capital

24 Mai — (cock-

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3

5 9 1 2 3

2 9 6 4 3 7 5

6

7

8 3

5 2 3 8 1

2 5

6 1 4

3 9

25 Coffee shop vessel 26 Watson and Crick's field 27 "Stop" signal 29 Ma'am's counterpart 30 "A mouse!" 33 Asian nation 36 Nets 38 Royal clown 40 Hallucinogen letters 42 Out of control 43 Hindu princess 44 Verifiable

47 Into the sun-48 Coloring agents 50 - Khan

9 1 2

6 8 4

4

2 5 1

1 6 3

5 9 8

5 8

4 7 6

8 4 9

2 3 7

1 5 4 2 7

JUST

DAY-

9 2

46 — Major

Metro Recipe of the Day

Chinese Shrimp and Bean Sprouts

INGREDIENTS:

200 g egg noodles 2 tsp toasted sesame oil 3 tbsp canola oil small bunch of scallions, chopped

2 large garlic cloves, crushed 1 fresh green chili pepper,

halved, seeded and sliced 250 g package stir-fry vegetables 1 1/4 cups chicken stock

150 g button mushrooms, sliced 150 g fresh bean sprouts

2 tbsp soy sauce 300 g cooked, peeled jumbo shrimp 3 eggs, beaten

METHOD:

1. Soak or cook noodles according to package instructions Drain then toss with sesame oil and set aside. 2. Heat wok or large pot

SERVES 4

rd.ca

For nutritional information on this and other great recipes go to rd.ca or checl out Key Ingredients



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20

Why fear the unknown? You're an Aries. You're adventurous. Do something today that reminds you, and everyone else, of that fact.

LIBRA

SEPT 23-OCT 23

Make the most of Venus in your opposite sign to relax and unwind and, above all, to heal rifts with loved ones. Take your pleasures where you find them.

TAURUS

APRIL 21-MAY 21 Friends and relatives will help you out in any way they can today but their efforts will only be successful if you spell out for them what it is that you need.

SCORPIO OCT 24-NOV 22

If you allow your emotions to rule you will come up with the wrong solution to a question that should pose no difficulties

GEMINI

 (π) MAY 22-JUNE 21

If you've got that Monday morning feeling get rid of it by throwing yourself into some kind of creative activity. Make sure it is something you enjoy.

On the web

BE QUARANTINED

I'M SORRY, BUT BECAUSE OF

THAT'S STUCK IN YOUR HEAD.

YOU'RE GOING TO HAVE TO

THE PARTICULAR POP SONG

SAGITTARIUS NOV 23-DEC 21

Stick to what you do best or you may find yourself out of your depth and out of favor with important and influential

CANCER JUNE 22-JULY 22

You may have strong opinions about the issues of the day but you are deluding yourself if you think you can convince other people to change their beliefs.

وي

CAPRICORN **DEC 22-JAN 20**

It's okay to be assertive, even aggressive, in defense of your interests, but it's wrong to assume that everyone is going to be trying to cheat you.

LEO JULY 23-AUG 23

You will be somewhat emotional today, which in itself is no bad thing but it could lead you into making decisions that are not in your best interests.

AQUARIUS IAN 21-FFR 18

It is part of your nature to swim against the tide, to do what everyone else says cannot, or should not, be done, so go ahead and push the boundaries.

VIRGO AUG 24-SEPT 22

Resist the urge to start any-thing new. Your existing commitments are enough to be going on with.

PISCES

FEB 19-MARCH 20

When nothing goes right today console yourself with the knowledge that the Sun in your sign will make sure everything works out for the best.

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tising deadline and are ju...
tied, but are subject to change. Jaxes...
wrimate and subject to change. ggv=gogo,
conions. ONT. REG #467/384

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This day in history

1655: John Casor becomes the first legally-recognized slave in what will be the United States

1702: Anne Stuart, sister of Mary II, becomes Queen of England,

Scotland, and Ireland.

1817: The New York Stock Exchange is founded.

1911: International Women's Day is launched in Copenhagen, Denmark, by Clara Zetkin, leader of the Women's Office for the Social Democratic Party in Germany.

1978: The first-ever radio episode of The Hitchhiker's Guide to the Galaxy, by Douglas Adams, is transmitted on BBC Radio 4.

METRO NEWS SERVICES



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09 Dodge Avenger

Load, A/C, st: 29146 • st: 251--• km: 49128 \$11,850



08 Prius Hybrid

Load, A/C, Auto 4270 st: 28330 km: 81618 \$18,850 \$148**



06 Lincoln Zephyr

07 Benz B200

• Load, A/C • st: 29011 • km: 36407 \$19,840 \$176*

06 Honda CR-V

4WD, Load A/C st: 28602 km: 10059 \$15,450 159*



08 KIA Sorento

 Load, A/C, Auto
 st: 28495 km: 19332 \$19,850 \$156



07 Honda Civic

Load, A/C, Std • st: 28865 • km: 77988



09 Elantra GLS

Load, A/C, Auto st: 28742 km: 33159 \$13,950

VEHICLES UNDER

07 Matrix XR

Load, A/C, Auto • st: 26930 • km: 57850 \$15,980 \$142**



06 Nissan Murano S

• AWD, Load, A/C • st: 28931 • km: 71266 \$19,950



08 KIA Rondo EX Load, A/C, Auto • st: 28667 • km: 44300 \$14,950

06 Jaguar X-Type 3.0

km: 63233 \$23,870

\$110**



05 Toyota Echo

\$6,450 \$72*

05 Pontiac Montana

st: 90564-B km: 76478 \$9,450 \$105*



05 Saturn VUE V6

Load, A/C, Auto st: 28165 km: 61692 \$12,650 \$130*



09 Sienna LE

• Load, A/C • st: 28371 • km: 36415 \$27,880 \$219***







• Stow N Go Load, A/C • st: 28835 km: 63025 \$15,850 \$124***



Load, A/C. Auto st: 28902 km: 62671 \$9,980 \$87* Bi-weekly

08 KIA Spectra

05 Malibu MAXX LT

km: 76478 \$8,950 \$100* Bi-weekly

st: 28586 km: 78558 \$24,850 \$256*

06 Honda Pilot EX

4WD. Load

07 Corolla CE

 Load, A/C, Auto • st: 28867 km: 49461 \$12,860 \$114*



07 Ford F-150 Triton



05 Pontiac Vibe

• 4 snow tires, A/C • st: 28271 • km: 82608 \$10,550 117*



05 Nissan Sentra SE

Load, A/C st: 28859 km: 10139 \$6,840 \$76* Bi-weekl

 Load, A/C, Auto
 st: 29183
 km: 77558 \$8,870 \$99* Bi-weekl

06 Pontiac G6 V

07 Mazda CX-7 Sport

• AWD, Load, A/C, Auto • st: 28707 • km: 62279 \$21,860 \$194**



05 Pathfinder

4WD, Load, A/C, Auto st: 28161 km: 99339 \$20,670 1 \$213*



08 Nissan Versa



07 Nissan Xterra

4WD, Load, st: 28383 km: 61835 \$23,850 \$212**



08 Suzuki Swift

Auto, A/C st: 29221 km: 55490 \$8.950 \$78** -weekly

• A/C, Auto • st: 29140 • km: 61031 \$8,750 \$76*** Bi-weekly



08 Santa Fe GLS

4WD, Load, A/C, Auto • st: 28374 km: 61951 \$20.950 \$164***

06 Sebring LTD Convert

Load, A/C, • st: 29105 km: 25849 \$14,950 \$117**





06 Mazda5

JI.

Load, A/C, Roof, Std

• km: 77346

\$10.650



\$133*

06 BMW 325 XI

st: 28306 km: 68321

\$29.950

08 Hyundai Accent

st: 29194 km: 69385 \$8,450

08 Toyota Yaris

\$7,980

\$70*** Bi-weekly

05 Pontiac Wave • Load, A/C • st: 27575 • km: 74681 \$6,960 \$77***

05 Saturn Relay • Load, A/C • st: 29036 • km: 70122 \$9,340 \$104* Bi-weekly

Load, A/C Auto st: 29062 km: 77391 \$10,970 \$107**

st: 27530 km: 61940



09 Altima 2.5S Load, A/C, Auto st: 28318 km: 32852 \$19,850 \$156'

Load, A/C, • st: 28354 • km: 64132

08 Sonata \$12,850 \$101***

\$309* Are you employed by Federal, Provincial or Municipal Government? if YES, Finance your next vehicle with us and receive the equivalent amount of our bank commission of

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